



# ULTRAKOTLINA 15



**Event:** UltraKotlina  
**Organiser:** Fundacja Przejście Kotliny  
**Date:** 2024-10-12  
**Place:** Szklarska Poręba  
**Distance:** 15 km



Classification: All

| Place | Participant         | Number | Club                                | Category | MCat | PK A<br>Michałowice<br>7km | Net<br>time<br>15km | Czas<br>brutto<br>15km | Gap                  | Pace<br>min/km | Pace<br>km/h    |
|-------|---------------------|--------|-------------------------------------|----------|------|----------------------------|---------------------|------------------------|----------------------|----------------|-----------------|
| 1     | KOZŁOWICZ Tomasz    | 1631   | OBORYGENI                           | M30      | 1    | 00:34:06                   | 01:04:48.30         | 01:04:49.75            |                      | 4:19           | 13.9<br>(100%)  |
| 2     | ROGAŁA Patryk       | 1589   |                                     | M30      | 2    | 00:35:47                   | 01:09:34.75         | 01:09:36.55            | +00:04:46<br>(6.9%)  | 4:38           | 12.9<br>(92.8%) |
| 3     | SZCZEPANIAK Witold  | 1443   |                                     | M40      | 1    | 00:37:40                   | 01:12:07.85         | 01:12:10.55            | +00:07:20<br>(10.2%) | 4:48           | 12.5<br>(89.9%) |
| 4     | GÓRAK Przemysław    | 1626   | BLACK HAT PRO                       | M40      | 2    | 00:38:34                   | 01:13:02.50         | 01:13:03.95            | +00:08:14<br>(11.3%) | 4:52           | 12.3<br>(88.5%) |
| 5     | GAŚSIOROWSKI Jarek  | 1636   |                                     | M30      | 3    | 00:38:43                   | 01:13:22.10         | 01:13:24.65            | +00:08:34<br>(11.7%) | 4:53           | 12.3<br>(88.5%) |
| 6     | POPIÓŁ Mateusz      | 1629   |                                     | M40      | 3    | 00:38:16                   | 01:14:14.05         | 01:14:17.50            | +00:09:27<br>(12.7%) | 4:56           | 12.1<br>(87.1%) |
| 7     | ŻURAW Wiktor        | 1601   |                                     | M20      | 1    | 00:39:28                   | 01:14:19.50         | 01:14:21.75            | +00:09:32<br>(12.8%) | 4:57           | 12.1<br>(87.1%) |
| 8     | WŁODARCZYK Jarosław | 1596   | KRUCZKOWSKITEAM/KOWARY BIEGAJĄ      | M40      | 4    | 00:37:49                   | 01:14:58.35         | 01:15:01.25            | +00:10:11<br>(13.6%) | 4:59           | 12<br>(86.3%)   |
| 9     | DYCKOWSKI Łukasz    | 1637   |                                     | M20      | 2    | 00:39:02                   | 01:15:55.65         | 01:15:58.65            | +00:11:08<br>(14.7%) | 5:03           | 11.9<br>(85.6%) |
| 10    | NOWAKOWSKA Anna     | 1580   |                                     | K30      | 1    | 00:40:20                   | 01:16:13.35         | 01:16:15.75            | +00:11:26<br>(15.0%) | 5:04           | 11.8<br>(84.9%) |
| 11    | KACZAŁKO Michał     | 1519   |                                     | M20      | 3    | 00:39:54                   | 01:16:18.10         | 01:16:20.35            | +00:11:30<br>(15.1%) | 5:05           | 11.8<br>(84.9%) |
| 12    | MESSYASZ Krzysztof  | 1554   | CHMURA TEAM                         | M40      | 5    | 00:39:49                   | 01:17:15.15         | 01:17:17.25            | +00:12:27<br>(16.1%) | 5:09           | 11.7<br>(84.2%) |
| 13    | DUL Karolina        | 1408   |                                     | K20      | 1    | 00:40:08                   | 01:18:05.80         | 01:18:09.00            | +00:13:19<br>(17.0%) | 5:12           | 11.5<br>(82.7%) |
| 14    | BEDNARZ Krzysztof   | 1406   | PRZEDWOJEWSKI TEAM                  | M40      | 6    | 00:39:46                   | 01:18:44.15         | 01:18:46.25            | +00:13:56<br>(17.7%) | 5:14           | 11.4<br>(82.0%) |
| 15    | SKUZA Krzysztof     | 1474   | KLINIKA URODY JOLANTA SKUZA LEGNICA | M40      | 7    | 00:41:52                   | 01:19:37.45         | 01:19:39.30            | +00:14:49<br>(18.6%) | 5:18           | 11.3<br>(81.3%) |

| Place | Participant                 | Number      | Club                                 | Category | MCat | PK A<br>Michałowice<br>7km | Net<br>time<br>15km | Czas<br>brutto<br>15km | Gap                  | Pace<br>min/km | Pace<br>km/h    |
|-------|-----------------------------|-------------|--------------------------------------|----------|------|----------------------------|---------------------|------------------------|----------------------|----------------|-----------------|
|       |                             |             |                                      |          |      |                            |                     |                        |                      |                |                 |
| 16    | <b>SKRZYŃSKI Przemek</b>    | <b>1493</b> | MCH RUNNERS TEAM                     | M40      | 8    | 00:42:27                   | <b>01:19:41.65</b>  | <b>01:19:48.80</b>     | +00:14:59<br>(18.8%) | 5:18           | 11.3<br>(81.3%) |
| 17    | <b>MIŚTA Roman</b>          | <b>1585</b> |                                      | M50      | 1    | 00:40:36                   | <b>01:19:51.90</b>  | <b>01:19:56.25</b>     | +00:15:06<br>(18.9%) | 5:19           | 11.3<br>(81.3%) |
| 18    | <b>ZAMBRZYCKI Maciej</b>    | <b>1605</b> |                                      | M40      | 9    | 00:43:41                   | <b>01:22:07.65</b>  | <b>01:22:10.05</b>     | +00:17:20<br>(21.1%) | 5:28           | 11<br>(79.1%)   |
| 19    | <b>FILIPKOWSKI Olaf</b>     | <b>1599</b> |                                      | M20      | 4    | 00:43:21                   | <b>01:22:23.55</b>  | <b>01:22:27.50</b>     | +00:17:37<br>(21.4%) | 5:29           | 10.9<br>(78.4%) |
| 20    | <b>CZECH Marcin</b>         | <b>1431</b> |                                      | M20      | 5    | 00:43:41                   | <b>01:23:03.50</b>  | <b>01:23:09.85</b>     | +00:18:20<br>(22.0%) | 5:32           | 10.8<br>(77.7%) |
| 21    | <b>OŚLAK Grzegorz</b>       | <b>1581</b> | FIZJOTONIKA - FIZJOTERAPIA I TRENING | M20      | 6    | 00:42:30                   | <b>01:23:56.55</b>  | <b>01:23:58.95</b>     | +00:19:09<br>(22.8%) | 5:35           | 10.7<br>(77.0%) |
| 22    | <b>OLEJNIK Tomasz</b>       | <b>1405</b> | EDI TEAM ZGORZELEC                   | M30      | 4    | 00:45:15                   | <b>01:27:10.45</b>  | <b>01:27:13.65</b>     | +00:22:23<br>(25.7%) | 5:48           | 10.3<br>(74.1%) |
| 23    | <b>DREWNIAK Mariusz</b>     | <b>1412</b> |                                      | M40      | 10   | 00:45:38                   | <b>01:27:56.00</b>  | <b>01:28:03.45</b>     | +00:23:13<br>(26.4%) | 5:51           | 10.2<br>(73.4%) |
| 24    | <b>WRZALIK Adrian</b>       | <b>1593</b> |                                      | M20      | 7    | 00:45:32                   | <b>01:28:56.35</b>  | <b>01:28:59.85</b>     | +00:24:10<br>(27.2%) | 5:55           | 10.1<br>(72.7%) |
| 25    | <b>BOBORYCKI Rafał</b>      | <b>1571</b> | MOCNA GRUPA CEZARA                   | M40      | 11   | 00:48:33                   | <b>01:29:12.40</b>  | <b>01:29:19.55</b>     | +00:24:29<br>(27.4%) | 5:56           | 10.1<br>(72.7%) |
| 26    | <b>JODŁOWSKI Marek</b>      | <b>1614</b> |                                      | M40      | 12   | 00:47:57                   | <b>01:29:19.90</b>  | <b>01:29:25.80</b>     | +00:24:36<br>(27.5%) | 5:57           | 10.1<br>(72.7%) |
| 27    | <b>BÓRKOWSKA Aleksandra</b> | <b>1604</b> | MARATOŃCZYK POZNAŃ                   | K30      | 2    | 00:48:31                   | <b>01:31:06.85</b>  | <b>01:31:11.75</b>     | +00:26:22<br>(28.9%) | 6:04           | 9.9<br>(71.2%)  |
| 28    | <b>PALMOWSKI Jan</b>        | <b>1503</b> |                                      | M30      | 5    | 00:49:48                   | <b>01:31:29.95</b>  | <b>01:31:38.05</b>     | +00:26:48<br>(29.3%) | 6:05           | 9.8<br>(70.5%)  |
| 29    | <b>BÓRKOWSKI Mikołaj</b>    | <b>1603</b> | MARATOŃCZYK POZNAŃ                   | M40      | 13   | 00:49:21                   | <b>01:32:39.50</b>  | <b>01:32:44.75</b>     | +00:27:55<br>(30.1%) | 6:10           | 9.7<br>(69.8%)  |
| 30    | <b>BORSUK Kamil</b>         | <b>1432</b> |                                      | M20      | 8    | 00:49:33                   | <b>01:32:39.00</b>  | <b>01:32:45.65</b>     | +00:27:55<br>(30.1%) | 6:10           | 9.7<br>(69.8%)  |
| 31    | <b>MASTEJ Paweł</b>         | <b>1497</b> | AD GROUP                             | M40      | 14   | 00:49:22                   | <b>01:33:20.70</b>  | <b>01:33:28.75</b>     | +00:28:39<br>(30.6%) | 6:13           | 9.6<br>(69.1%)  |
| 32    | <b>SYDOR Daniel</b>         | <b>1634</b> |                                      | M40      | 15   | 00:59:39                   | <b>01:33:19.45</b>  | <b>01:33:29.00</b>     | +00:28:39<br>(30.7%) | 6:13           | 9.6<br>(69.1%)  |
| 33    | <b>JAWORSKA Iga</b>         | <b>1619</b> | #KUBAPIECHTEAM                       | K20      | 2    | 00:50:21                   | <b>01:33:27.80</b>  | <b>01:33:31.55</b>     | +00:28:41<br>(30.7%) | 6:13           | 9.6<br>(69.1%)  |
| 34    | <b>ŻURAWSKI Mateusz</b>     | <b>1595</b> | KEBAB TEAM                           | M30      | 6    | 00:49:10                   | <b>01:33:29.25</b>  | <b>01:33:43.70</b>     | +00:28:53<br>(30.8%) | 6:13           | 9.6<br>(69.1%)  |
| 35    | <b>REYNOLDS Kuba</b>        | <b>1430</b> |                                      | M20      | 9    | 00:50:21                   | <b>01:33:33.95</b>  | <b>01:33:44.30</b>     | +00:28:54<br>(30.8%) | 6:14           | 9.6<br>(69.1%)  |
| 36    | <b>JAKUCZEK Rafał</b>       | <b>1433</b> | BIGLNE HIPKI                         | M20      | 10   | 00:49:56                   | <b>01:34:14.65</b>  | <b>01:34:24.80</b>     | +00:29:35<br>(31.3%) | 6:16           | 9.6<br>(69.1%)  |
| 37    | <b>PINCIUREK Paulina</b>    | <b>1409</b> |                                      | K30      | 3    | 00:49:48                   | <b>01:34:51.55</b>  | <b>01:34:55.55</b>     | +00:30:05<br>(31.7%) | 6:19           | 9.5<br>(68.3%)  |
| 38    | <b>MOMOT Sławomir</b>       | <b>1410</b> | SMAK RADOŚCI                         | M40      | 16   | 00:49:47                   | <b>01:34:51.30</b>  | <b>01:34:55.95</b>     | +00:30:06<br>(31.7%) | 6:19           | 9.5<br>(68.3%)  |

| Place | Participant                      | Number      | Club                         | Category | MCat | PK A<br>Michałowice<br>7km | Net<br>time<br>15km | Czas<br>brutto<br>15km | Gap                  | Pace<br>min/km | Pace<br>km/h   |
|-------|----------------------------------|-------------|------------------------------|----------|------|----------------------------|---------------------|------------------------|----------------------|----------------|----------------|
|       |                                  |             |                              |          |      |                            |                     |                        |                      |                |                |
| 39    | <b>SORBIAN Paweł</b>             | <b>1458</b> |                              | M40      | 17   | 00:49:33                   | <b>01:35:08.30</b>  | <b>01:35:12.05</b>     | +00:30:22<br>(31.9%) | 6:20           | 9.5<br>(68.3%) |
| 40    | <b>RYNIEWICZ Piotr</b>           | <b>1468</b> | ELITARNE SMUTASY             | M30      | 7    | 00:50:58                   | <b>01:35:36.70</b>  | <b>01:35:58.65</b>     | +00:31:08<br>(32.5%) | 6:22           | 9.4<br>(67.6%) |
| 41    | <b>DROZD Michał</b>              | <b>1588</b> |                              | M40      | 18   | 00:49:29                   | <b>01:36:15.90</b>  | <b>01:36:19.70</b>     | +00:31:29<br>(32.7%) | 6:25           | 9.4<br>(67.6%) |
| 42    | <b>BOGUCKI Arkadiusz</b>         | <b>1536</b> | OSP KOSTRZYŃ NAD ODRA        | M30      | 8    | 00:49:43                   | <b>01:36:11.80</b>  | <b>01:36:26.80</b>     | +00:31:37<br>(32.8%) | 6:24           | 9.4<br>(67.6%) |
| 43    | <b>MISIURA Łukasz</b>            | <b>1442</b> |                              | M30      | 9    | 00:51:21                   | <b>01:36:24.40</b>  | <b>01:36:32.75</b>     | +00:31:43<br>(32.9%) | 6:25           | 9.3<br>(66.9%) |
| 44    | <b>WAWRZYŃIAK Robert</b>         | <b>1565</b> | #BIEGIEMWLAS                 | M40      | 19   | 00:51:57                   | <b>01:36:38.55</b>  | <b>01:37:03.00</b>     | +00:32:13<br>(33.2%) | 6:26           | 9.3<br>(66.9%) |
| 45    | <b>DORSZ Łukasz</b>              | <b>1628</b> |                              | M40      | 20   | 00:49:11                   | <b>01:37:08.40</b>  | <b>01:37:13.35</b>     | +00:32:23<br>(33.3%) | 6:28           | 9.3<br>(66.9%) |
| 46    | <b>SZADKOWSKI Piotr</b>          | <b>1625</b> |                              | M50      | 2    | 00:50:02                   | <b>01:37:42.35</b>  | <b>01:37:45.35</b>     | +00:32:55<br>(33.7%) | 6:30           | 9.2<br>(66.2%) |
| 47    | <b>MATYSIAK Karol</b>            | <b>1545</b> | TEAM-WLKP MOUNTAINS ULTRA    | M50      | 3    | 00:52:17                   | <b>01:37:58.10</b>  | <b>01:38:11.55</b>     | +00:33:21<br>(34.0%) | 6:31           | 9.2<br>(66.2%) |
| 48    | <b>SUCHORSKA-PRZERWANEK Anna</b> | <b>1583</b> | DTR BIEGA / MARIO TEAM       | K40      | 1    | 00:51:04                   | <b>01:38:10.70</b>  | <b>01:38:13.90</b>     | +00:33:24<br>(34.0%) | 6:32           | 9.2<br>(66.2%) |
| 49    | <b>GLOGOWSKI Konrad</b>          | <b>1480</b> |                              | M30      | 10   | 00:50:21                   | <b>01:38:20.05</b>  | <b>01:38:27.95</b>     | +00:33:38<br>(34.2%) | 6:33           | 9.2<br>(66.2%) |
| 50    | <b>WANDEL Piotr</b>              | <b>1550</b> | 16 DBOT                      | M50      | 4    | 00:51:41                   | <b>01:39:04.95</b>  | <b>01:39:04.95</b>     | +00:34:15<br>(34.6%) | 6:36           | 9.1<br>(65.5%) |
| 51    | <b>MASTALARZ Przemysław</b>      | <b>1602</b> |                              | M40      | 21   | 00:53:21                   | <b>01:38:54.75</b>  | <b>01:39:18.25</b>     | +00:34:28<br>(34.7%) | 6:35           | 9.1<br>(65.5%) |
| 52    | <b>SYCHOWSKI Dawid</b>           | <b>1630</b> |                              | M40      | 22   | 00:50:46                   | <b>01:39:28.65</b>  | <b>01:39:31.95</b>     | +00:34:42<br>(34.9%) | 6:37           | 9<br>(64.7%)   |
| 53    | <b>NIEWIADOMSKI Marek</b>        | <b>1449</b> | CROSS KRAPKOWICE/ SOBAS TEAM | M30      | 11   | 00:52:28                   | <b>01:40:33.60</b>  | <b>01:40:47.75</b>     | +00:35:58<br>(35.7%) | 6:42           | 9<br>(64.7%)   |
| 54    | <b>SNIEGOCKI Paweł</b>           | <b>1542</b> | BIEGAJĄCE KREJZOLE/ 4T       | M40      | 23   | 00:52:06                   | <b>01:40:46.40</b>  | <b>01:40:51.35</b>     | +00:36:01<br>(35.7%) | 6:43           | 8.9<br>(64.0%) |
| 55    | <b>SIBIŃSKI Marcin</b>           | <b>1569</b> | HTF                          | M50      | 5    | 00:53:26                   | <b>01:40:50.15</b>  | <b>01:41:08.75</b>     | +00:36:19<br>(35.9%) | 6:43           | 8.9<br>(64.0%) |
| 56    | <b>ZYSK Paweł</b>                | <b>1528</b> |                              | M50      | 6    | 00:52:44                   | <b>01:41:07.75</b>  | <b>01:41:10.20</b>     | +00:36:20<br>(35.9%) | 6:44           | 8.9<br>(64.0%) |
| 57    | <b>ZEMLEDUCH Dorota</b>          | <b>1488</b> |                              | K30      | 4    | 00:52:40                   | <b>01:41:26.55</b>  | <b>01:41:32.50</b>     | +00:36:42<br>(36.2%) | 6:45           | 8.9<br>(64.0%) |
| 58    | <b>GÓRSKI Julian</b>             | <b>1608</b> |                              | M20      | 11   | 00:53:03                   | <b>01:41:29.15</b>  | <b>01:41:35.05</b>     | +00:36:45<br>(36.2%) | 6:45           | 8.9<br>(64.0%) |
| 59    | <b>MIKUŁAN Anna</b>              | <b>1533</b> |                              | K30      | 5    | 00:54:41                   | <b>01:42:36.80</b>  | <b>01:42:48.15</b>     | +00:37:58<br>(36.9%) | 6:50           | 8.8<br>(63.3%) |
| 60    | <b>BOĆKO Ewa</b>                 | <b>1598</b> | DTR BIEGA/MARIO TEAM         | K40      | 2    | 00:54:24                   | <b>01:43:01.65</b>  | <b>01:43:21.80</b>     | +00:38:32<br>(37.3%) | 6:52           | 8.7<br>(62.6%) |
| 61    | <b>ŚLIWIŃSKI Krzysztof</b>       | <b>1515</b> |                              | M40      | 24   | 00:56:20                   | <b>01:43:48.90</b>  | <b>01:44:11.35</b>     | +00:39:21<br>(37.8%) | 6:55           | 8.7<br>(62.6%) |

| Place | Participant                 | Number      | Club                        | Category | MCat | PK A<br>Michałowice<br>7km | Net<br>time<br>15km | Czas<br>brutto<br>15km | Gap                  | Pace<br>min/km | Pace<br>km/h   |
|-------|-----------------------------|-------------|-----------------------------|----------|------|----------------------------|---------------------|------------------------|----------------------|----------------|----------------|
|       |                             |             |                             |          |      |                            |                     |                        |                      |                |                |
| 62    | <b>TOMASIK Andrzej</b>      | <b>1404</b> |                             | M50      | 7    | 00:54:19                   | <b>01:44:30.40</b>  | <b>01:44:44.15</b>     | +00:39:54<br>(38.1%) | 6:58           | 8.6<br>(61.9%) |
| 63    | <b>FRELICH Natalia</b>      | <b>1495</b> |                             | K30      | 6    | 00:54:51                   | <b>01:44:42.45</b>  | <b>01:44:46.80</b>     | +00:39:57<br>(38.1%) | 6:58           | 8.6<br>(61.9%) |
| 64    | <b>SKALIK Sebastian</b>     | <b>1469</b> | ELITARNE SMUTASY            | M30      | 12   | 00:55:13                   | <b>01:44:24.85</b>  | <b>01:44:47.40</b>     | +00:39:57<br>(38.1%) | 6:57           | 8.6<br>(61.9%) |
| 65    | <b>SZYMAŃSKI Michał</b>     | <b>1592</b> |                             | M40      | 25   | 00:56:28                   | <b>01:44:54.05</b>  | <b>01:45:13.40</b>     | +00:40:23<br>(38.4%) | 6:59           | 8.6<br>(61.9%) |
| 66    | <b>STENCEL Andrzej</b>      | <b>1508</b> | ZIELONA GÓRO ZACZNIJ BIEGAĆ | M40      | 26   | 00:54:46                   | <b>01:44:51.80</b>  | <b>01:45:15.05</b>     | +00:40:25<br>(38.4%) | 6:59           | 8.6<br>(61.9%) |
| 67    | <b>SŁOWIACZEK Marcin</b>    | <b>1530</b> |                             | M30      | 13   | 00:54:20                   | <b>01:45:05.75</b>  | <b>01:45:17.30</b>     | +00:40:27<br>(38.4%) | 7:00           | 8.6<br>(61.9%) |
| 68    | <b>PAWŁOWSKI Wojciech</b>   | <b>1548</b> |                             | M40      | 27   | 00:54:27                   | <b>01:45:06.20</b>  | <b>01:45:17.95</b>     | +00:40:28<br>(38.4%) | 7:00           | 8.6<br>(61.9%) |
| 69    | <b>STEFAŃSKA Malwina</b>    | <b>1514</b> |                             | K30      | 7    | 00:56:44                   | <b>01:45:08.00</b>  | <b>01:45:34.15</b>     | +00:40:44<br>(38.6%) | 7:00           | 8.6<br>(61.9%) |
| 70    | <b>SAWICZ Arkadiusz</b>     | <b>1597</b> |                             | M40      | 28   | 00:56:58                   | <b>01:45:15.90</b>  | <b>01:45:41.95</b>     | +00:40:52<br>(38.7%) | 7:01           | 8.6<br>(61.9%) |
| 71    | <b>PUSZKIEL Leszek</b>      | <b>1623</b> | GREEN TEAM                  | M60+     | 1    | 00:55:07                   | <b>01:46:43.50</b>  | <b>01:46:46.55</b>     | +00:41:56<br>(39.3%) | 7:06           | 8.4<br>(60.4%) |
| 72    | <b>SKRZYŃSKI Denis</b>      | <b>1579</b> |                             | M20      | 12   | 00:56:48                   | <b>01:46:39.35</b>  | <b>01:46:46.75</b>     | +00:41:57<br>(39.3%) | 7:06           | 8.4<br>(60.4%) |
| 73    | <b>KLIMEK Piotr</b>         | <b>1518</b> |                             | M40      | 29   | 00:54:56                   | <b>01:47:17.65</b>  | <b>01:47:26.30</b>     | +00:42:36<br>(39.7%) | 7:09           | 8.4<br>(60.4%) |
| 74    | <b>STACHOWSKI Arkadiusz</b> | <b>1492</b> | QUAY POZNAŃ                 | M40      | 30   | 00:56:47                   | <b>01:48:02.50</b>  | <b>01:48:11.30</b>     | +00:43:21<br>(40.1%) | 7:12           | 8.3<br>(59.7%) |
| 75    | <b>MATUSEWICZ Oskar</b>     | <b>1521</b> |                             | M20      | 13   | 00:55:31                   | <b>01:48:24.65</b>  | <b>01:48:40.00</b>     | +00:43:50<br>(40.3%) | 7:13           | 8.3<br>(59.7%) |
| 76    | <b>MATUSEWICZ Ireneusz</b>  | <b>1520</b> |                             | M40      | 31   | 00:55:31                   | <b>01:48:24.25</b>  | <b>01:48:40.30</b>     | +00:43:50<br>(40.3%) | 7:13           | 8.3<br>(59.7%) |
| 77    | <b>ŚMICHURSKA Malwina</b>   | <b>1567</b> | FIZJOTERAPIA BIEGACZA       | K30      | 8    | 00:57:44                   | <b>01:48:30.40</b>  | <b>01:48:42.15</b>     | +00:43:52<br>(40.4%) | 7:14           | 8.3<br>(59.7%) |
| 78    | <b>KOŁTOWSKI Piotr</b>      | <b>1456</b> | KARL STORZ POLSKA           | M30      | 14   | 00:59:19                   | <b>01:48:16.25</b>  | <b>01:48:44.95</b>     | +00:43:55<br>(40.4%) | 7:13           | 8.3<br>(59.7%) |
| 79    | <b>NELKE Kamil</b>          | <b>1483</b> |                             | M30      | 15   | 00:57:14                   | <b>01:48:41.05</b>  | <b>01:48:46.40</b>     | +00:43:56<br>(40.4%) | 7:14           | 8.3<br>(59.7%) |
| 80    | <b>CHROBAK Agnieszka</b>    | <b>1563</b> | FUNDACJALACZANASGORY        | K20      | 3    | 00:55:22                   | <b>01:49:09.70</b>  | <b>01:49:15.25</b>     | +00:44:25<br>(40.7%) | 7:16           | 8.2<br>(59.0%) |
| 81    | <b>WIĘCKOWSKI Wiktor</b>    | <b>1529</b> |                             | M30      | 16   | 00:58:15                   | <b>01:49:30.00</b>  | <b>01:49:40.95</b>     | +00:44:51<br>(40.9%) | 7:18           | 8.2<br>(59.0%) |
| 82    | <b>OŁOWSKI Cezary</b>       | <b>1556</b> | ZRYW.CC                     | M30      | 17   | 00:59:10                   | <b>01:49:13.75</b>  | <b>01:49:43.95</b>     | +00:44:54<br>(40.9%) | 7:16           | 8.2<br>(59.0%) |
| 83    | <b>KOKOTT Jacek</b>         | <b>1562</b> | ZRYW.CC                     | M20      | 14   | 00:59:14                   | <b>01:49:14.60</b>  | <b>01:49:45.15</b>     | +00:44:55<br>(40.9%) | 7:16           | 8.2<br>(59.0%) |
| 84    | <b>KOPACZEWSKI Igor</b>     | <b>1561</b> | ZRYW.CC                     | M20      | 15   | 00:59:13                   | <b>01:49:16.05</b>  | <b>01:49:46.15</b>     | +00:44:56<br>(40.9%) | 7:17           | 8.2<br>(59.0%) |

| Place | Participant                  | Number      | Club                               | Category | MCat | PK A<br>Michałowice<br>7km | Net<br>time<br>15km | Czas<br>brutto<br>15km | Gap                  | Pace<br>min/km | Pace<br>km/h   |
|-------|------------------------------|-------------|------------------------------------|----------|------|----------------------------|---------------------|------------------------|----------------------|----------------|----------------|
|       |                              |             |                                    |          |      |                            |                     |                        |                      |                |                |
| 85    | <b>MARCZAK Ola</b>           | <b>1612</b> | KB HARCOWNIK                       | K30      | 9    | 00:56:42                   | <b>01:49:57.05</b>  | <b>01:50:00.85</b>     | +00:45:11<br>(41.1%) | 7:19           | 8.2<br>(59.0%) |
| 86    | <b>WOJNAROWSKA Marcelina</b> | <b>1494</b> |                                    | K30      | 10   | 00:59:46                   | <b>01:49:50.85</b>  | <b>01:50:02.40</b>     | +00:45:12<br>(41.1%) | 7:19           | 8.2<br>(59.0%) |
| 87    | <b>JUSIS Ewa</b>             | <b>1475</b> |                                    | K20      | 4    | 00:57:06                   | <b>01:50:16.80</b>  | <b>01:50:28.35</b>     | +00:45:38<br>(41.3%) | 7:21           | 8.2<br>(59.0%) |
| 88    | <b>STYCZEŃ Berenika</b>      | <b>1525</b> |                                    | K20      | 5    | 00:58:20                   | <b>01:50:43.95</b>  | <b>01:50:50.50</b>     | +00:46:00<br>(41.5%) | 7:22           | 8.1<br>(58.3%) |
| 89    | <b>MACKIEWICZ Karol</b>      | <b>1535</b> |                                    | M30      | 18   | 00:56:30                   | <b>01:51:44.70</b>  | <b>01:51:56.40</b>     | +00:47:06<br>(42.1%) | 7:26           | 8.1<br>(58.3%) |
| 90    | <b>GROCHOWSKA Magdalena</b>  | <b>1454</b> | KARL STORZ POLSKA                  | K30      | 11   | 01:00:49                   | <b>01:51:28.30</b>  | <b>01:51:57.75</b>     | +00:47:08<br>(42.1%) | 7:25           | 8.1<br>(58.3%) |
| 91    | <b>GOŁASZEWSKI Łukasz</b>    | <b>1584</b> | KARL STORZ POLSKA                  | M40      | 32   | 01:01:01                   | <b>01:51:29.90</b>  | <b>01:51:59.70</b>     | +00:47:09<br>(42.1%) | 7:25           | 8.1<br>(58.3%) |
| 92    | <b>ANDRZEJEWSKI Tomasz</b>   | <b>1506</b> |                                    | M30      | 19   | 00:57:39                   | <b>01:51:59.05</b>  | <b>01:52:08.95</b>     | +00:47:19<br>(42.2%) | 7:27           | 8<br>(57.6%)   |
| 93    | <b>PAWLAK Gabriel</b>        | <b>1402</b> | EATSLY PL                          | M40      | 33   | 00:57:56                   | <b>01:52:26.95</b>  | <b>01:52:39.50</b>     | +00:47:49<br>(42.5%) | 7:29           | 8<br>(57.6%)   |
| 94    | <b>KURPIEWSKA Milena</b>     | <b>1566</b> |                                    | K30      | 12   | 00:58:23                   | <b>01:52:45.00</b>  | <b>01:52:45.00</b>     | +00:47:55<br>(42.5%) | 7:31           | 8<br>(57.6%)   |
| 95    | <b>CZEPIEL Natalia</b>       | <b>1523</b> |                                    | K30      | 13   | 00:59:46                   | <b>01:53:03.80</b>  | <b>01:53:19.05</b>     | +00:48:29<br>(42.8%) | 7:32           | 8<br>(57.6%)   |
| 96    | <b>GRABARA Dorota</b>        | <b>1434</b> | ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO | K30      | 14   | 00:58:50                   | <b>01:53:33.30</b>  | <b>01:53:45.35</b>     | +00:48:55<br>(43.0%) | 7:34           | 7.9<br>(56.8%) |
| 97    | <b>GUNDLACH-FOBER Rachel</b> | <b>1499</b> |                                    | K20      | 6    | 01:01:19                   | <b>01:53:24.60</b>  | <b>01:53:49.15</b>     | +00:48:59<br>(43.0%) | 7:33           | 7.9<br>(56.8%) |
| 98    | <b>KUJAWA Szymon</b>         | <b>1613</b> | EKIPA REVIEGO                      | M20      | 16   | 00:59:23                   | <b>01:53:57.10</b>  | <b>01:54:04.20</b>     | +00:49:14<br>(43.2%) | 7:35           | 7.9<br>(56.8%) |
| 99    | <b>KUBIAK Andrzej</b>        | <b>1609</b> |                                    | M60+     | 2    | 00:57:45                   | <b>01:54:12.85</b>  | <b>01:54:19.95</b>     | +00:49:30<br>(43.3%) | 7:36           | 7.9<br>(56.8%) |
| 100   | <b>WALICKA Katarzyna</b>     | <b>1470</b> |                                    | K30      | 15   | 00:59:29                   | <b>01:54:07.05</b>  | <b>01:54:24.55</b>     | +00:49:34<br>(43.3%) | 7:36           | 7.9<br>(56.8%) |
| 101   | <b>GROCHOWSKA Agnieszka</b>  | <b>1513</b> |                                    | K50      | 1    | 00:59:29                   | <b>01:54:13.60</b>  | <b>01:54:28.85</b>     | +00:49:39<br>(43.4%) | 7:36           | 7.9<br>(56.8%) |
| 102   | <b>FORNALIK Wojciech</b>     | <b>1557</b> |                                    | M30      | 20   | 00:56:36                   | <b>01:54:37.95</b>  | <b>01:54:47.25</b>     | +00:49:57<br>(43.5%) | 7:38           | 7.9<br>(56.8%) |
| 103   | <b>BORAWSKI-REKS Szymon</b>  | <b>1524</b> |                                    | M40      | 34   | 01:00:03                   | <b>01:54:46.55</b>  | <b>01:54:57.20</b>     | +00:50:07<br>(43.6%) | 7:39           | 7.8<br>(56.1%) |
| 104   | <b>SENETRA Małgorzata</b>    | <b>1635</b> | ROCK BALANCIG ICE                  | K40      | 3    | 00:49:07                   | <b>01:55:02.35</b>  | <b>01:55:19.00</b>     | +00:50:29<br>(43.8%) | 7:40           | 7.8<br>(56.1%) |
| 105   | <b>CZESKA Karolina</b>       | <b>1624</b> | LAMPART TRENING                    | K30      | 16   | 01:00:19                   | <b>01:55:18.60</b>  | <b>01:55:26.85</b>     | +00:50:37<br>(43.8%) | 7:41           | 7.8<br>(56.1%) |
| 106   | <b>SOBKOWIAK Renata</b>      | <b>1590</b> | WALKA KOSTRZYŃ                     | K30      | 17   | 01:03:42                   | <b>01:55:09.10</b>  | <b>01:55:35.75</b>     | +00:50:46<br>(43.9%) | 7:40           | 7.8<br>(56.1%) |
| 107   | <b>HOFFA Michał</b>          | <b>1491</b> | HOFFA BOXING                       | M30      | 21   | 01:03:42                   | <b>01:55:09.25</b>  | <b>01:55:35.80</b>     | +00:50:46<br>(43.9%) | 7:40           | 7.8<br>(56.1%) |

| Place | Participant                         | Number      | Club                | Category | MCat | PK A<br>Michałowice<br>7km | Net<br>time<br>15km | Czas<br>brutto<br>15km | Gap                  | Pace<br>min/km | Pace<br>km/h   |
|-------|-------------------------------------|-------------|---------------------|----------|------|----------------------------|---------------------|------------------------|----------------------|----------------|----------------|
|       |                                     |             |                     |          |      |                            |                     |                        |                      |                |                |
| 108   | <b>FILAR Tomasz</b>                 | <b>1455</b> | KARL STORZ POLSKA   | M50      | 8    | 01:03:48                   | <b>01:55:39.65</b>  | <b>01:56:06.95</b>     | +00:51:17<br>(44.2%) | 7:42           | 7.8<br>(56.1%) |
| 109   | <b>PRZEPIÓRA Sylwia</b>             | <b>1451</b> | BAND OF RUNNERS     | K30      | 18   | 01:00:29                   | <b>01:55:53.50</b>  | <b>01:56:08.15</b>     | +00:51:18<br>(44.2%) | 7:43           | 7.8<br>(56.1%) |
| 110   | <b>STOIŃSKI Marcin</b>              | <b>1452</b> | BAND OF RUNNERS     | M40      | 35   | 01:00:30                   | <b>01:55:53.45</b>  | <b>01:56:08.20</b>     | +00:51:18<br>(44.2%) | 7:43           | 7.8<br>(56.1%) |
| 111   | <b>DOMŻAŁ Marcin</b>                | <b>1505</b> |                     | M40      | 36   | 01:00:09                   | <b>01:56:01.90</b>  | <b>01:56:09.65</b>     | +00:51:19<br>(44.2%) | 7:44           | 7.8<br>(56.1%) |
| 112   | <b>MICHALSKA Wioleta</b>            | <b>1498</b> |                     | K40      | 4    | 01:00:08                   | <b>01:56:06.15</b>  | <b>01:56:13.80</b>     | +00:51:24<br>(44.2%) | 7:44           | 7.8<br>(56.1%) |
| 113   | <b>KRAUS Szymon</b>                 | <b>1575</b> |                     | M20      | 17   | 01:00:13                   | <b>01:55:54.60</b>  | <b>01:56:15.65</b>     | +00:51:25<br>(44.2%) | 7:43           | 7.8<br>(56.1%) |
| 114   | <b>BEM Gosia</b>                    | <b>1439</b> | DT4YOU              | K50      | 2    | 01:00:56                   | <b>01:56:45.55</b>  | <b>01:57:01.20</b>     | +00:52:11<br>(44.6%) | 7:47           | 7.7<br>(55.4%) |
| 115   | <b>ŚLEDZIK Sebastian</b>            | <b>1438</b> | DT4YOU              | M50      | 9    | 01:00:59                   | <b>01:56:46.45</b>  | <b>01:57:01.75</b>     | +00:52:12<br>(44.6%) | 7:47           | 7.7<br>(55.4%) |
| 116   | <b>KIJEWSKA Aleksandra</b>          | <b>1457</b> | KARL STORZ POLSKA   | K40      | 5    | 01:01:52                   | <b>01:57:05.40</b>  | <b>01:57:33.80</b>     | +00:52:44<br>(44.9%) | 7:48           | 7.7<br>(55.4%) |
| 117   | <b>POPIOŁEK Agnieszka</b>           | <b>1501</b> |                     | K30      | 19   | 00:59:18                   | <b>01:57:52.90</b>  | <b>01:57:57.30</b>     | +00:53:07<br>(45.0%) | 7:51           | 7.6<br>(54.7%) |
| 118   | <b>DWORCZAK Tomasz</b>              | <b>1465</b> |                     | M20      | 18   | 01:00:42                   | <b>01:57:50.85</b>  | <b>01:58:04.00</b>     | +00:53:14<br>(45.1%) | 7:51           | 7.6<br>(54.7%) |
| 119   | <b>PIECHOCKI Rafał</b>              | <b>1638</b> |                     | M30      | 22   | 00:58:37                   | <b>01:57:55.40</b>  | <b>01:58:10.10</b>     | +00:53:20<br>(45.1%) | 7:51           | 7.6<br>(54.7%) |
| 120   | <b>SIŁAKOWSKI Marcin</b>            | <b>1618</b> |                     | M40      | 37   | 00:59:56                   | <b>01:58:15.95</b>  | <b>01:58:19.55</b>     | +00:53:29<br>(45.2%) | 7:53           | 7.6<br>(54.7%) |
| 121   | <b>KAPUT Paweł</b>                  | <b>1591</b> |                     | M40      | 38   | 00:59:48                   | <b>01:58:04.00</b>  | <b>01:58:24.45</b>     | +00:53:34<br>(45.2%) | 7:52           | 7.6<br>(54.7%) |
| 122   | <b>PRZYSTUPA Michał</b>             | <b>1616</b> | BROWAR GWAREK       | M30      | 23   | 01:02:14                   | <b>01:58:03.55</b>  | <b>01:58:31.00</b>     | +00:53:41<br>(45.3%) | 7:52           | 7.6<br>(54.7%) |
| 123   | <b>KRUK Aneta</b>                   | <b>1546</b> |                     | K40      | 6    | 01:02:17                   | <b>01:58:39.00</b>  | <b>01:58:49.45</b>     | +00:53:59<br>(45.4%) | 7:54           | 7.6<br>(54.7%) |
| 124   | <b>BEDNARZ Piotr</b>                | <b>1541</b> |                     | M30      | 24   | 01:05:16                   | <b>01:58:55.60</b>  | <b>01:59:12.45</b>     | +00:54:22<br>(45.6%) | 7:55           | 7.6<br>(54.7%) |
| 125   | <b>OSSOWSKI Igor</b>                | <b>1463</b> |                     | M20      | 19   | 01:04:49                   | <b>01:59:16.30</b>  | <b>01:59:25.00</b>     | +00:54:35<br>(45.7%) | 7:57           | 7.5<br>(54.0%) |
| 126   | <b>ŻYTNIK Szymon</b>                | <b>1462</b> |                     | M20      | 20   | 01:04:52                   | <b>01:59:18.30</b>  | <b>01:59:26.20</b>     | +00:54:36<br>(45.7%) | 7:57           | 7.5<br>(54.0%) |
| 127   | <b>RĘBECKA Violetta</b>             | <b>1516</b> | BIEGAMDLAZDROWIA.PL | K50      | 3    | 01:01:36                   | <b>01:59:15.70</b>  | <b>01:59:27.15</b>     | +00:54:37<br>(45.7%) | 7:57           | 7.5<br>(54.0%) |
| 128   | <b>WYSZYŃSKA - HENDZELEK Kamila</b> | <b>1482</b> |                     | K30      | 20   | 01:02:52                   | <b>01:59:16.20</b>  | <b>01:59:30.20</b>     | +00:54:40<br>(45.8%) | 7:57           | 7.5<br>(54.0%) |
| 129   | <b>CIEŚLAK Marta</b>                | <b>1537</b> |                     | K30      | 21   | 01:02:16                   | <b>01:59:31.75</b>  | <b>01:59:41.80</b>     | +00:54:52<br>(45.8%) | 7:58           | 7.5<br>(54.0%) |
| 130   | <b>ŚMIGIELSKA Małgorzata</b>        | <b>1419</b> |                     | K30      | 22   | 01:03:37                   | <b>01:59:23.30</b>  | <b>01:59:47.15</b>     | +00:54:57<br>(45.9%) | 7:57           | 7.5<br>(54.0%) |

| Place | Participant                     | Number      | Club                   | Category | MCat | PK A               | Net                | Czas               | Gap                  | Pace | Pace           |
|-------|---------------------------------|-------------|------------------------|----------|------|--------------------|--------------------|--------------------|----------------------|------|----------------|
|       |                                 |             |                        |          |      | Michałowice<br>7km | time<br>15km       | brutto<br>15km     |                      |      |                |
| 131   | <b>DOLNY Maciej</b>             | <b>1549</b> |                        | M40      | 39   | 01:01:55           | <b>01:59:44.60</b> | <b>01:59:57.10</b> | +00:55:07<br>(46.0%) | 7:58 | 7.5<br>(54.0%) |
| 132   | <b>CYRSON Barbara</b>           | <b>1427</b> |                        | K20      | 7    | 01:03:49           | <b>01:59:49.05</b> | <b>01:59:58.05</b> | +00:55:08<br>(46.0%) | 7:59 | 7.5<br>(54.0%) |
| 133   | <b>KAPUT Piotr</b>              | <b>1621</b> | DTR BIEGA / MARIO TEAM | M40      | 40   | 01:01:49           | <b>01:59:56.00</b> | <b>02:00:16.65</b> | +00:55:26<br>(46.1%) | 7:59 | 7.5<br>(54.0%) |
| 134   | <b>ADAMOWICZ Łukasz</b>         | <b>1411</b> |                        | M40      | 41   | 01:00:46           | <b>02:00:28.40</b> | <b>02:00:37.55</b> | +00:55:47<br>(46.3%) | 8:01 | 7.5<br>(54.0%) |
| 135   | <b>KRUCZKOWSKA Donata</b>       | <b>1632</b> |                        | K30      | 23   | 01:02:42           | <b>02:00:31.85</b> | <b>02:00:40.95</b> | +00:55:51<br>(46.3%) | 8:02 | 7.5<br>(54.0%) |
| 136   | <b>SZUMNA Ewa</b>               | <b>1552</b> |                        | K30      | 24   | 01:03:06           | <b>02:01:15.70</b> | <b>02:01:28.50</b> | +00:56:38<br>(46.6%) | 8:05 | 7.4<br>(53.2%) |
| 137   | <b>SANKOWSKA Krzysztofa</b>     | <b>1574</b> |                        | K20      | 8    | 01:07:21           | <b>02:01:48.10</b> | <b>02:02:07.00</b> | +00:57:17<br>(46.9%) | 8:07 | 7.4<br>(53.2%) |
| 138   | <b>KARPOWICZ Karolina</b>       | <b>1460</b> |                        | K20      | 9    | 01:04:41           | <b>02:03:38.80</b> | <b>02:03:56.35</b> | +00:59:06<br>(47.7%) | 8:14 | 7.3<br>(52.5%) |
| 139   | <b>KOŁEK Cezary</b>             | <b>1414</b> |                        | M50      | 10   | 01:02:52           | <b>02:03:36.05</b> | <b>02:03:59.10</b> | +00:59:09<br>(47.7%) | 8:14 | 7.3<br>(52.5%) |
| 140   | <b>KOWALSKI Damian</b>          | <b>1568</b> |                        | M30      | 25   | 01:06:31           | <b>02:03:58.05</b> | <b>02:04:09.05</b> | +00:59:19<br>(47.8%) | 8:15 | 7.3<br>(52.5%) |
| 141   | <b>CHATYS Michał</b>            | <b>1611</b> | ELITARNE SMUTASY       | M30      | 26   | 01:02:09           | <b>02:04:39.65</b> | <b>02:05:04.65</b> | +01:00:14<br>(48.2%) | 8:18 | 7.2<br>(51.8%) |
| 142   | <b>GORZELAK Mateusz</b>         | <b>1477</b> |                        | M30      | 27   | 01:01:56           | <b>02:04:39.95</b> | <b>02:05:04.75</b> | +01:00:15<br>(48.2%) | 8:18 | 7.2<br>(51.8%) |
| 143   | <b>WOJTKOWIAK Sylwia</b>        | <b>1400</b> |                        | K30      | 25   | 01:04:45           | <b>02:05:06.90</b> | <b>02:05:20.20</b> | +01:00:30<br>(48.3%) | 8:20 | 7.2<br>(51.8%) |
| 144   | <b>SKAŁECKI Grzegorz</b>        | <b>1615</b> | TGV CLUB KOŚCIAN       | M40      | 42   | 01:04:45           | <b>02:05:06.70</b> | <b>02:05:20.25</b> | +01:00:30<br>(48.3%) | 8:20 | 7.2<br>(51.8%) |
| 145   | <b>SHEVCHUK Julia</b>           | <b>1504</b> |                        | K20      | 10   | 01:06:44           | <b>02:05:13.80</b> | <b>02:05:35.85</b> | +01:00:46<br>(48.4%) | 8:20 | 7.2<br>(51.8%) |
| 146   | <b>SIMBORSKI Tomasz</b>         | <b>1620</b> |                        | M20      | 21   | 00:56:21           | <b>02:05:43.60</b> | <b>02:05:50.05</b> | +01:01:00<br>(48.5%) | 8:22 | 7.2<br>(51.8%) |
| 147   | <b>NOWICKA Anna</b>             | <b>1510</b> | NARAMOWICE BIEGAJĄ     | K30      | 26   | 01:06:30           | <b>02:05:50.00</b> | <b>02:06:00.10</b> | +01:01:10<br>(48.5%) | 8:23 | 7.2<br>(51.8%) |
| 148   | <b>OSIAL Anita</b>              | <b>1484</b> |                        | K40      | 7    | 01:04:58           | <b>02:06:17.70</b> | <b>02:06:33.45</b> | +01:01:43<br>(48.8%) | 8:25 | 7.1<br>(51.1%) |
| 149   | <b>POHL Arkadiusz</b>           | <b>1403</b> |                        | M40      | 43   | 01:08:01           | <b>02:06:19.90</b> | <b>02:06:39.90</b> | +01:01:50<br>(48.8%) | 8:25 | 7.1<br>(51.1%) |
| 150   | <b>MATERAK Mirosław</b>         | <b>1582</b> |                        | M60+     | 3    | 01:05:03           | <b>02:06:33.65</b> | <b>02:06:42.15</b> | +01:01:52<br>(48.8%) | 8:26 | 7.1<br>(51.1%) |
| 151   | <b>FRYC Dariusz</b>             | <b>1553</b> |                        | M50      | 11   | 01:03:52           | <b>02:06:46.45</b> | <b>02:06:58.95</b> | +01:02:09<br>(48.9%) | 8:27 | 7.1<br>(51.1%) |
| 152   | <b>PIOTROWICZ-ZBIERAJ Magda</b> | <b>1413</b> |                        | K30      | 27   | 01:06:20           | <b>02:06:59.25</b> | <b>02:07:12.85</b> | +01:02:23<br>(49.0%) | 8:27 | 7.1<br>(51.1%) |
| 153   | <b>KOZŁOWSKI Bartłomiej</b>     | <b>1424</b> |                        | M20      | 22   | 01:06:42           | <b>02:06:51.40</b> | <b>02:07:16.85</b> | +01:02:27<br>(49.1%) | 8:27 | 7.1<br>(51.1%) |

| Place | Participant                  | Number | Club                            | Category | MCat | PK A<br>Michałowice<br>7km | Net<br>time<br>15km | Czas<br>brutto<br>15km | Gap                  | Pace<br>min/km | Pace<br>km/h   |
|-------|------------------------------|--------|---------------------------------|----------|------|----------------------------|---------------------|------------------------|----------------------|----------------|----------------|
| 154   | KRZESZEWSKI Krzysztof        | 1606   |                                 | M40      | 44   | 01:05:46                   | 02:07:03.25         | 02:07:25.95            | +01:02:36<br>(49.1%) | 8:28           | 7.1<br>(51.1%) |
| 155   | GÓRSKA Anna                  | 1496   |                                 | K40      | 8    | 01:04:25                   | 02:07:23.70         | 02:07:30.20            | +01:02:40<br>(49.2%) | 8:29           | 7.1<br>(51.1%) |
| 156   | NARUSZEWICZ-KOPERTOWSKA Anna | 1532   |                                 | K30      | 28   | 01:08:41                   | 02:07:36.85         | 02:07:49.70            | +01:02:59<br>(49.3%) | 8:30           | 7.1<br>(51.1%) |
| 157   | SPIGIEL Patrycja             | 1600   | BLUMTEAM                        | K30      | 29   | 01:09:16                   | 02:08:00.60         | 02:08:29.35            | +01:03:39<br>(49.5%) | 8:32           | 7<br>(50.4%)   |
| 158   | KUJAWA Bartosz               | 1487   |                                 | M40      | 45   | 01:08:50                   | 02:08:59.55         | 02:09:14.90            | +01:04:25<br>(49.8%) | 8:35           | 7<br>(50.4%)   |
| 159   | SNIEGOCKA Magdalena          | 1543   | TARNOWSKIE TERMY TRIATHLON TEAM | K40      | 9    | 01:06:31                   | 02:09:20.60         | 02:09:25.75            | +01:04:36<br>(49.9%) | 8:37           | 7<br>(50.4%)   |
| 160   | BAJEWSKA Wioletta            | 1572   | DTR BIEGA/MARIO TEAM            | K40      | 10   | 01:09:36                   | 02:09:40.70         | 02:10:00.55            | +01:05:10<br>(50.1%) | 8:38           | 6.9<br>(49.6%) |
| 161   | FRANCZAK Edyta               | 1573   | DTR BIEGA / MARIO TEAM          | K40      | 11   | 01:09:36                   | 02:09:42.05         | 02:10:00.70            | +01:05:10<br>(50.1%) | 8:38           | 6.9<br>(49.6%) |
| 162   | ŻYTNIK Magdalena             | 1421   |                                 | K20      | 11   | 01:07:42                   | 02:10:01.40         | 02:10:19.50            | +01:05:29<br>(50.3%) | 8:40           | 6.9<br>(49.6%) |
| 162   | ŻYTNIK Piotr                 | 1461   |                                 | M50      | 12   | 01:07:43                   | 02:10:01.50         | 02:10:19.50            | +01:05:29<br>(50.3%) | 8:40           | 6.9<br>(49.6%) |
| 164   | ŁACZNY Dawid                 | 1422   | VEGE RUNNERS                    | M20      | 23   | 01:09:44                   | 02:10:30.05         | 02:10:55.75            | +01:06:06<br>(50.5%) | 8:42           | 6.9<br>(49.6%) |
| 165   | KRAJEWSKA-KŁODA Katarzyna    | 1617   | DRUŻYNA SZPIKU                  | K50      | 4    | 01:08:55                   | 02:10:42.70         | 02:11:10.85            | +01:06:21<br>(50.6%) | 8:42           | 6.9<br>(49.6%) |
| 166   | WELKIER Monika               | 1509   |                                 | K50      | 5    | 01:08:45                   | 02:10:55.50         | 02:11:13.80            | +01:06:24<br>(50.6%) | 8:43           | 6.9<br>(49.6%) |
| 167   | KWIETNIOWSKI Rafal           | 1428   |                                 | M40      | 46   | 01:09:10                   | 02:11:42.00         | 02:12:00.45            | +01:07:10<br>(50.9%) | 8:46           | 6.8<br>(48.9%) |
| 168   | KWIETNIOWSKA Edyta           | 1429   |                                 | K40      | 12   | 01:09:11                   | 02:11:45.25         | 02:12:04.05            | +01:07:14<br>(50.9%) | 8:47           | 6.8<br>(48.9%) |
| 169   | PRĘTNICKI Michał             | 1479   | DRUŻYNA STASIA                  | M40      | 47   | 01:08:51                   | 02:11:46.05         | 02:12:07.80            | +01:07:18<br>(50.9%) | 8:47           | 6.8<br>(48.9%) |
| 170   | ŻYCIŃSKI Kacper              | 1445   |                                 | M20      | 24   | 01:10:26                   | 02:12:02.05         | 02:12:14.25            | +01:07:24<br>(51.0%) | 8:48           | 6.8<br>(48.9%) |
| 171   | KLIK Daniel                  | 1417   |                                 | M40      | 48   | 01:08:12                   | 02:12:29.00         | 02:12:41.85            | +01:07:52<br>(51.1%) | 8:49           | 6.8<br>(48.9%) |
| 172   | GRZĄBA Magdalena             | 1467   |                                 | K20      | 12   | 01:09:48                   | 02:13:09.00         | 02:13:18.50            | +01:08:28<br>(51.4%) | 8:52           | 6.8<br>(48.9%) |
| 173   | SZUKALSKA-WALCZAK Ewa        | 1540   | BIEGAJĄCE WALCZAKI              | K40      | 13   | 01:10:43                   | 02:13:00.35         | 02:13:18.95            | +01:08:29<br>(51.4%) | 8:52           | 6.8<br>(48.9%) |
| 174   | BIGORA Piotr                 | 1472   |                                 | M50      | 13   | 01:06:55                   | 02:13:46.75         | 02:13:57.45            | +01:09:07<br>(51.6%) | 8:55           | 6.7<br>(48.2%) |
| 175   | ZDAŃSKA Urszula              | 1560   | IKSY -XXXXX                     | K40      | 14   | 01:14:43                   | 02:13:56.50         | 02:14:02.95            | +01:09:13<br>(51.6%) | 8:55           | 6.7<br>(48.2%) |
| 176   | PIWOWOŃSKA Dorota            | 1559   | IKSY - XXXXX                    | K30      | 30   | 01:14:44                   | 02:13:56.70         | 02:14:03.05            | +01:09:13<br>(51.6%) | 8:55           | 6.7<br>(48.2%) |



| Place | Participant                   | Number      | Club                    | Category | MCat | PK A<br>Michałowice<br>7km | Net<br>time<br>15km | Czas<br>brutto<br>15km | Gap                  | Pace<br>min/km | Pace<br>km/h   |
|-------|-------------------------------|-------------|-------------------------|----------|------|----------------------------|---------------------|------------------------|----------------------|----------------|----------------|
|       |                               |             |                         |          |      |                            |                     |                        |                      |                |                |
| 177   | <b>BARASIŃSKA Marta</b>       | <b>1531</b> |                         | K40      | 15   | 01:11:46                   | <b>02:14:17.20</b>  | <b>02:14:34.05</b>     | +01:09:44<br>(51.8%) | 8:57           | 6.7<br>(48.2%) |
| 178   | <b>GRZELIŃSKA Malwina</b>     | <b>1627</b> |                         | K30      | 31   | 01:10:52                   | <b>02:15:12.15</b>  | <b>02:15:17.95</b>     | +01:10:28<br>(52.1%) | 9:00           | 6.7<br>(48.2%) |
| 179   | <b>REMBOWSKA Natalia</b>      | <b>1512</b> | QUAY POZNAŃ             | K40      | 16   | 01:09:53                   | <b>02:15:10.65</b>  | <b>02:15:20.50</b>     | +01:10:30<br>(52.1%) | 9:00           | 6.7<br>(48.2%) |
| 180   | <b>ROSOŁEK Elżbieta</b>       | <b>1522</b> | GREEN TEAM              | K50      | 6    | 01:10:49                   | <b>02:15:19.05</b>  | <b>02:15:35.35</b>     | +01:10:45<br>(52.2%) | 9:01           | 6.7<br>(48.2%) |
| 181   | <b>GRECKI Zenon</b>           | <b>1423</b> | VEGE RUNNERS            | M20      | 25   | 01:09:50                   | <b>02:15:09.75</b>  | <b>02:15:35.75</b>     | +01:10:46<br>(52.2%) | 9:00           | 6.7<br>(48.2%) |
| 182   | <b>ZIĘBA Tomasz</b>           | <b>1534</b> |                         | M30      | 28   | 01:10:50                   | <b>02:16:40.20</b>  | <b>02:16:56.65</b>     | +01:12:06<br>(52.7%) | 9:06           | 6.6<br>(47.5%) |
| 183   | <b>KOZŁOWSKA Aleksandra</b>   | <b>1416</b> |                         | K40      | 17   | 01:10:01                   | <b>02:16:58.35</b>  | <b>02:17:08.10</b>     | +01:12:18<br>(52.7%) | 9:07           | 6.6<br>(47.5%) |
| 184   | <b>FIEDLER -CYRSON Agata</b>  | <b>1426</b> | KOBIETY BIEGAJĄ         | K50      | 7    | 01:10:07                   | <b>02:17:31.20</b>  | <b>02:17:40.65</b>     | +01:12:50<br>(52.9%) | 9:10           | 6.5<br>(46.8%) |
| 185   | <b>MICHNIEWICZ Paweł</b>      | <b>1481</b> |                         | M30      | 29   | 01:09:20                   | <b>02:17:44.45</b>  | <b>02:18:07.95</b>     | +01:13:18<br>(53.1%) | 9:10           | 6.5<br>(46.8%) |
| 186   | <b>WIRA Barbara</b>           | <b>1401</b> |                         | K40      | 18   | 01:12:12                   | <b>02:19:01.25</b>  | <b>02:19:20.65</b>     | +01:14:30<br>(53.5%) | 9:16           | 6.5<br>(46.8%) |
| 187   | <b>PRYSZCZEWSKA Katarzyna</b> | <b>1594</b> |                         | K50      | 8    | 01:12:11                   | <b>02:19:02.45</b>  | <b>02:19:22.30</b>     | +01:14:32<br>(53.5%) | 9:16           | 6.5<br>(46.8%) |
| 188   | <b>WYCZLING Julia</b>         | <b>1564</b> |                         | K20      | 13   | 01:15:02                   | <b>02:19:44.70</b>  | <b>02:20:06.35</b>     | +01:15:16<br>(53.7%) | 9:18           | 6.4<br>(46.0%) |
| 189   | <b>HAGEL Julita</b>           | <b>1577</b> |                         | K40      | 19   | 01:11:41                   | <b>02:20:12.15</b>  | <b>02:20:16.40</b>     | +01:15:26<br>(53.8%) | 9:20           | 6.4<br>(46.0%) |
| 190   | <b>MAZUR Wiktor</b>           | <b>1466</b> |                         | M30      | 30   | 01:14:25                   | <b>02:20:22.70</b>  | <b>02:20:50.45</b>     | +01:16:00<br>(54.0%) | 9:21           | 6.4<br>(46.0%) |
| 191   | <b>SZCZEPAŃSKA Dorota</b>     | <b>1448</b> |                         | K30      | 32   | 01:10:14                   | <b>02:22:18.50</b>  | <b>02:22:24.30</b>     | +01:17:34<br>(54.5%) | 9:29           | 6.3<br>(45.3%) |
| 192   | <b>RADZIEJOWSKI Bogusław</b>  | <b>1570</b> | NORDIC TEAM CZĘSTOCHOWA | M60+     | 4    | 01:15:22                   | <b>02:22:40.70</b>  | <b>02:22:55.00</b>     | +01:18:05<br>(54.6%) | 9:30           | 6.3<br>(45.3%) |
| 193   | <b>KOSIOR Szymon</b>          | <b>1435</b> | HTF LUDWIK SIKORSKI     | M20      | 26   | 01:12:11                   | <b>02:23:33.65</b>  | <b>02:23:51.45</b>     | +01:19:01<br>(54.9%) | 9:34           | 6.3<br>(45.3%) |
| 194   | <b>SIKORSKI Ludwik</b>        | <b>1437</b> | HTF LUDWIK SIKORSKI     | M40      | 49   | 01:12:06                   | <b>02:23:34.25</b>  | <b>02:23:51.50</b>     | +01:19:01<br>(54.9%) | 9:34           | 6.3<br>(45.3%) |
| 195   | <b>MARCINIAK Robert</b>       | <b>1446</b> | HTF LUDWIK SIKORSKI     | M30      | 31   | 01:12:05                   | <b>02:23:31.15</b>  | <b>02:23:51.55</b>     | +01:19:01<br>(54.9%) | 9:34           | 6.3<br>(45.3%) |
| 195   | <b>GRABICKI Rafał</b>         | <b>1444</b> | HTF LUDWIK SIKORSKI     | M30      | 31   | 01:12:05                   | <b>02:23:31.70</b>  | <b>02:23:51.55</b>     | +01:19:01<br>(54.9%) | 9:34           | 6.3<br>(45.3%) |
| 197   | <b>OSOWSKA Joanna</b>         | <b>1440</b> | HTF LUDWIK SIKORSKI     | K30      | 33   | 01:12:06                   | <b>02:23:35.20</b>  | <b>02:23:51.65</b>     | +01:19:01<br>(54.9%) | 9:34           | 6.3<br>(45.3%) |
| 197   | <b>STĘPNIEWSKI Michał</b>     | <b>1436</b> |                         | M30      | 33   | 01:12:03                   | <b>02:23:32.45</b>  | <b>02:23:51.65</b>     | +01:19:01<br>(54.9%) | 9:34           | 6.3<br>(45.3%) |
| 199   | <b>WRÓBLEWSKA Anna</b>        | <b>1578</b> |                         | K30      | 34   | 01:13:04                   | <b>02:25:29.25</b>  | <b>02:25:46.75</b>     | +01:20:57<br>(55.5%) | 9:41           | 6.2<br>(44.6%) |

| Place | Participant               | Number      | Club                      | Category | MCat | PK A<br>Michałowice<br>7km | Net<br>time<br>15km | Czas<br>brutto<br>15km | Gap                  | Pace<br>min/km | Pace<br>km/h   |
|-------|---------------------------|-------------|---------------------------|----------|------|----------------------------|---------------------|------------------------|----------------------|----------------|----------------|
| 200   | <b>BOROWIEC Tomasz</b>    | <b>1418</b> |                           | M40      | 50   | 01:13:05                   | <b>02:25:29.40</b>  | <b>02:25:46.80</b>     | +01:20:57<br>(55.5%) | 9:41           | 6.2<br>(44.6%) |
| 201   | <b>NYZIO Monika</b>       | <b>1407</b> |                           | K30      | 35   | 01:15:19                   | <b>02:25:34.40</b>  | <b>02:25:58.00</b>     | +01:21:08<br>(55.6%) | 9:42           | 6.2<br>(44.6%) |
| 202   | <b>MACIEJEWSKA Aldona</b> | <b>1547</b> |                           | K40      | 20   | 01:16:25                   | <b>02:27:34.95</b>  | <b>02:27:55.70</b>     | +01:23:05<br>(56.2%) | 9:50           | 6.1<br>(43.9%) |
| 203   | <b>KOBYŁKA Małgorzata</b> | <b>1576</b> | SUPERMARATON KALISZ       | K50      | 9    | 01:16:25                   | <b>02:27:34.70</b>  | <b>02:27:55.85</b>     | +01:23:06<br>(56.2%) | 9:50           | 6.1<br>(43.9%) |
| 204   | <b>KOZLOWSKA Aldona</b>   | <b>1610</b> |                           | K40      | 21   | 01:17:06                   | <b>02:28:51.50</b>  | <b>02:28:58.35</b>     | +01:24:08<br>(56.5%) | 9:55           | 6<br>(43.2%)   |
| 205   | <b>ŻYGADŁO Julian</b>     | <b>1489</b> |                           | M40      | 51   | 01:13:07                   | <b>02:29:02.70</b>  | <b>02:29:07.85</b>     | +01:24:18<br>(56.5%) | 9:56           | 6<br>(43.2%)   |
| 206   | <b>ŻYWIECKA Marta</b>     | <b>1485</b> |                           | K30      | 36   | 01:13:08                   | <b>02:29:07.55</b>  | <b>02:29:11.85</b>     | +01:24:22<br>(56.5%) | 9:56           | 6<br>(43.2%)   |
| 207   | <b>TYL Anna</b>           | <b>1441</b> |                           | K40      | 22   | 01:16:40                   | <b>02:30:36.40</b>  | <b>02:31:02.00</b>     | +01:26:12<br>(57.1%) | 10:02          | 6<br>(43.2%)   |
| 208   | <b>KOZANECKI Adam</b>     | <b>1478</b> |                           | M50      | 14   | 01:16:39                   | <b>02:33:52.55</b>  | <b>02:34:13.70</b>     | +01:29:23<br>(58.0%) | 10:15          | 5.8<br>(41.7%) |
| 209   | <b>REK Katarzyna</b>      | <b>1607</b> | RADLINIOKI W BIEGU        | K40      | 23   | 01:19:00                   | <b>02:35:29.65</b>  | <b>02:35:44.55</b>     | +01:30:54<br>(58.4%) | 10:21          | 5.8<br>(41.7%) |
| 210   | <b>KUCHARSKA Kamila</b>   | <b>1544</b> | BIEGAM BO MI ROBERT KARZE | K40      | 24   | 01:16:42                   | <b>02:39:06.25</b>  | <b>02:39:32.30</b>     | +01:34:42<br>(59.4%) | 10:36          | 5.7<br>(41.0%) |
| 211   | <b>WINIARCZYK Iwona</b>   | <b>1539</b> | KORNELCIA TEAM            | K40      | 25   | 01:23:12                   | <b>02:41:25.35</b>  | <b>02:41:31.00</b>     | +01:36:41<br>(59.9%) | 10:45          | 5.6<br>(40.3%) |
| 212   | <b>JABŁKO Agata</b>       | <b>1415</b> |                           | K40      | 26   | 01:23:01                   | <b>02:44:10.35</b>  | <b>02:44:17.95</b>     | +01:39:28<br>(60.5%) | 10:56          | 5.5<br>(39.6%) |
|       | <b>GIGOŃ Barbara</b>      | <b>1633</b> | ROCK BALANCING ICE        | K50      |      | DNF                        | <b>DNF</b>          | <b>DNF</b>             |                      | -              | - (0.0%)       |

Total 213 results.